

SEX & RELATIONSHIPS

# Relationship Expert Shares Tips On How Couples Can Survive The Holidays

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The [holidays](#) are a time for joy and celebration, but they can also be a source of stress for couples, whether new or seasoned. From navigating family obligations to balancing traditions, the season often puts [relationships](#) to the test. Fortunately, relationship expert, Chris Pleines, offers five practical tips to help [couples](#) thrive during this busy time.

## 1. Prioritize Communication

Open and honest communication is crucial for surviving the holidays. “Be transparent with your partner about your expectations for the season,” Pleines advises. “Discuss how to balance family and social commitments and find a compromise that works for both of you.”

Regular check-ins during the season can also help. Discuss moments of discomfort or pressure, address any anxiety about upcoming events, and talk about financial expectations. Setting a budget for gifts and festivities might feel awkward for new couples, but it strengthens trust and understanding.

## 2. Create Unique Traditions

While family traditions are important, creating your own holiday rituals can bring a sense of unity to your relationship. Pleines suggests combining favorite activities or starting new ones to build a unique identity as a couple. Even for longtime partners, reassessing old traditions and crafting new ones can keep the season fresh and enjoyable. “You make the rules, not the holiday,” Pleines says.

## 3. Embrace Alone Time

The holidays can be overwhelming, making solo time a valuable tool for recharging. New couples may feel pressure to spend every moment together, while longtime partners might need a break from the hustle and bustle. “Communicate your need for alone time or quieter evenings,” Pleines recommends. This helps maintain individual well-being and ensures you can show up fully for each other.

## 4. Work as a Team

Teamwork is key, especially when visiting each other’s families. Pleines advises couples to plan how they’ll divide their time and manage expectations. For newer relationships, there’s no need to attend every gathering together. Sharing family dynamics in advance can also prevent awkward situations and foster a smoother experience.

## 5. Embrace Imperfection

Rather than striving for a flawless holiday, focus on what truly matters in your relationship. “Embrace the imperfections—they often lead to the best memories,” Pleines shares. Frequent communication and mutual support can turn holiday challenges into opportunities for growth.

By following these expert tips, couples can strengthen their bond and navigate the holiday season with joy and ease. For more insights, visit the Dating Scout [website](#).

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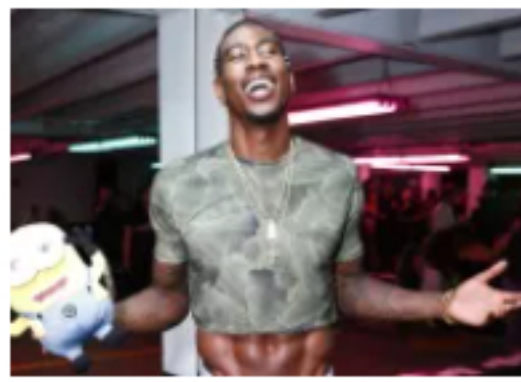
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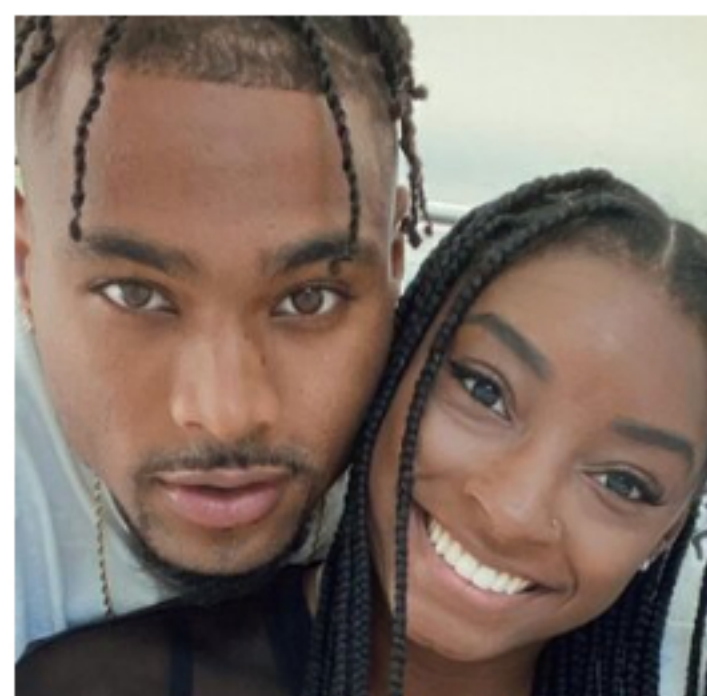
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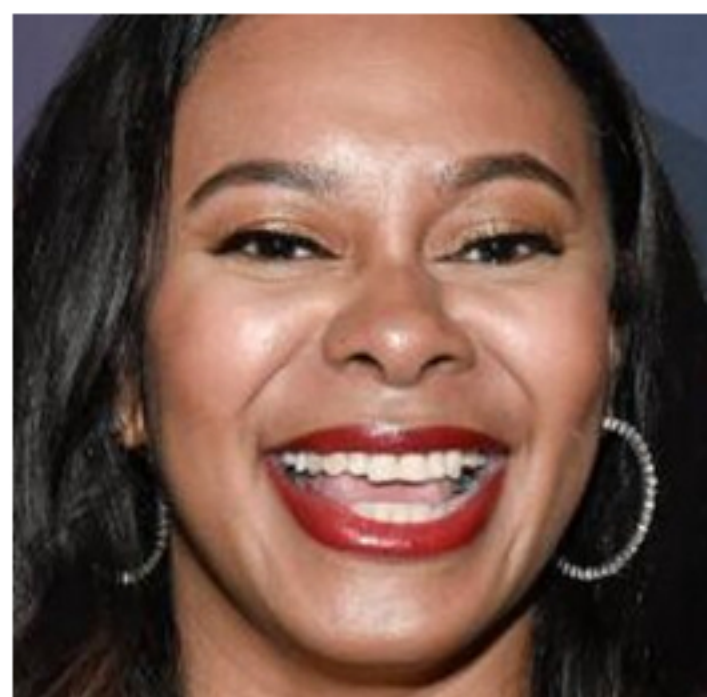
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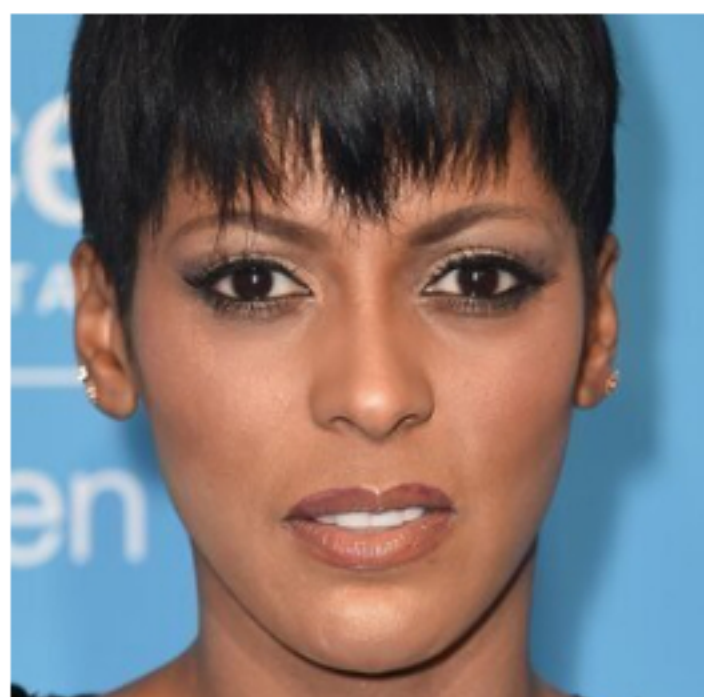
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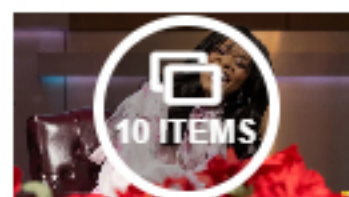


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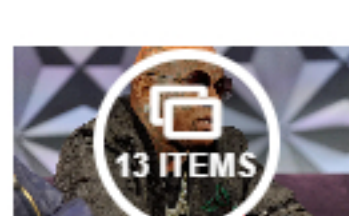
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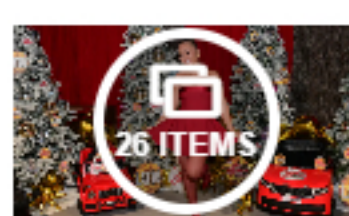
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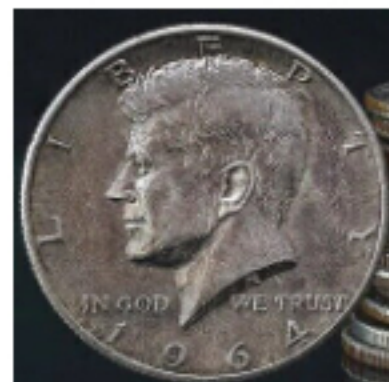
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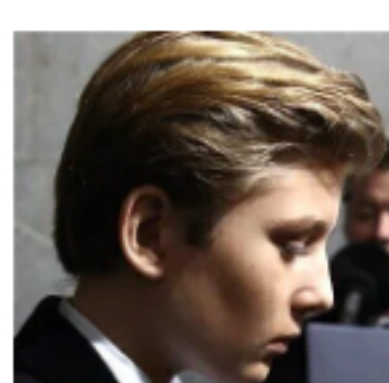
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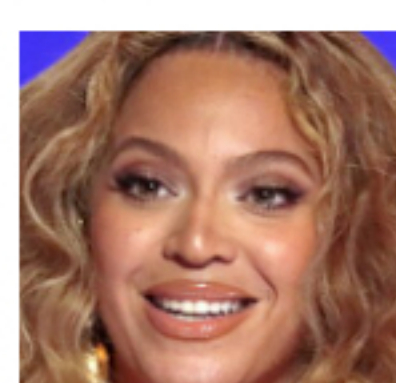
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